

June 2025 Results

*This listing includes all events where members are known to have competed
All records are pending until ratified by the appropriate authorities*

CR = Club Record

SR = State Record

AR = Australian Record

WR = World Record

Brisbane – 1 June

Marathon

Alan Stabler M50 2:50:42

ECAC – 5 June

100m

Nkosi Ndlovu M40 12.7
Matt Walker M40 12.7
Dominic Lagat M40 13.2
Simon Martin M40 13.6
Des Walsh M70 16.6
Brian Hewitt M70 18.8
Bruce McGeorge M70 22.4

200m

Heat 1
Nkosi Ndlovu M40 25.8
Matt Walker M40 27.0
Simon Martin M40 28.6
Malachi MacKay M45 29.3
Heat 2
Dominic Lagat M40 27.4
Dayna Lagat Vis 31.0
Naomi Lagat W40 33.9
Des Walsh M70 34.3

800m

Dominic Lagat M40 2:12.8
Malachi MacKay M45 2:34.9
Dayna Lagat Vis 2:37.8
Naomi Lagat W40 2:52.4
Larissa Lagat Vis 3:01.0
David Adams M45 3:15.1
Brian Hewitt M70 3:23.9
Fiona van Heerwaarden W45 3:53.8

1 mile

Andy Roach M50 6:15.6
David Adams M45 7:38.6

1 mile walk

Karyn Tolardo W55 9:52.1
Fiona van Heerwaarden W45 9:52.7

3000m

Dominic Lagat M40 10:36.4
Andy Roach M50 13:16.9
Malachi MacKay M45 13:36.2
Dayna Lagat Vis 13:54.6
Larissa Lagat Vis 14:10.2
Naomi Lagat W40 14:21.3
David Adams M45 14:27.8
Brian Hewitt M70 16:18.8
Bruce McGeorge M70 19:12.6
Bob Schickert M80 25:40.1

3000m walk

Fiona van Heerwaarden W45 18:38.9
Karyn Tolardo W55 20:02.3
Lynne Schickert W80 27:43.2

ECAC – 12 June

60m

Nkosi Ndlovu M40 7.7
Matt Walker M40 7.8
David Adams M45 9.6
Des Walsh M70 10.0
Terri Carr W65 13.2

200m

Nkosi Ndlovu M40 25.2
Matt Walker M40 27.0
Des Walsh M70 41.2
Terri Carr W65 52.1

1500m

Andy Roach M50 5:42.8
David Adams M45 6:29.6
Olivia Tuck W35 6:38.9
Jenn Parker W55 6:55.9
Brian Hewitt M70 6:59.1
Fiona van Heerwaarden W45 7:36.0
Carol Bowman W70 7:52.7

1500m walk

Lynne Schickert W80 13:41.4

600m

Andy Roach M50 2:22.2
Brian Hewitt M70 2:27.0
Jenn Parker W55 2:34.0
Fiona van Heerwaarden W45 3:39.8
Des Walsh M70 3:39.8

3000m

Carol Bowman W70 18:28.5
Jenn Parker W55 18:28.5
Bob Schickert M80 24:37.0

3000m walk

Steve Travell M65 27:39.7

5000m

Olivia Tuck W35 23:00.3
Andy Roach M50 23:55.7
David Adams M45 29:08.1

5000m walk

Fiona van Heerwaarden W45 32:15.1

AW Road Walks, Perry Lakes – 14 June

3km walk

Lynne Schickert W80 27:14.97

5km walk

Karyn Tolardo W55 32:16.18

Steve Travell M65 46:08.71

Glenys Duncan W85 47:27.92

10km walk

Andrew Duncan M60 1:00:33.29

Fiona van Heerwaarden W45 1:04:56.80

Wendy Farrow W55 1:10:32.39

Rottneest Running Festival – 15 June

Marathon

Zane Walsh M45 3:16:36

Daniel Taborsky M40 3:46:15

Jo Scott W45 3:58:39

Jo Shelley W45 4:33:49

ECAC – 19 June

100m

Heat 1

Nkosi Ndlovu M40 12.2

Matt Walker M40 12.9

Dominic Lagat M40 14.5

Heat 2

David Adams M45 15.6

Des Walsh M70 16.4

Brian Hewitt M70 18.3

Mike Anderson M75 24.9

300m

Dominic Lagat M40 41.0

Nkosi Ndlovu M40 41.3

Dayna Lagat Vis 53.9

Larissa Lagat Vis 55.8

Naomi Lagat W40 64.2

800m

Dominic Lagat M40 2:08.6

Malachi MacKay M45 2:35.1

Dayna Lagat Vis 2:39.7

Andy Roach M50 2:47.0

Larissa Lagat Vis 2:49.4

Naomi Lagat W40 2:59.5

David Adams M45 3:15.6

Tegan Durbridge W35 3:29.8

Carol Bowman W70 3:37.9

Brian Hewitt M70 3:47.3

Des Walsh M70 6:01.2

3000m

Dominic Lagat M40 10:46.1

Andy Roach M50 13:13.2

Malachi MacKay M45 13:37.1

David Adams M45 14:05.1

Tegan Durbridge W35 14:32.3

Naomi Lagat W40 15:15.0

Bob Schickert M80 25:17.9

3000m walk

Steve Travell M65 26:19.6

Lynne Schickert W80 26:33.7

ECAC – 26 June

60m

Dominic Lagat M40 8.02

Matt Walker M40 8.04

Simon Martin M40 8.26

Malachi MacKay M45 8.73

David Adams M45 10.12

Brian Hewitt M70 11.14

Kevin Collins M55 14.85

400m

Dominic Lagat M40 55.78

Ciarain Hoey Vis 56.21

Eric Hayward M55 89.61

Tegan Durbridge W35 1:34.19

Brian Hewitt M70 1:46.14

Terri Carr W65 2:23.24

200m

Heat 1

Dayna Lagat Vis 31.66

Larissa Lagat Vis 34.35

Naomi Lagat W40 35.01

Brian Hewitt M70 38.54

Terri Carr W65 52.68

Heat 2

Dominic Lagat M40 25.78

Matt Walker M40 27.18

Malachi MacKay M45 28.44

Simon Martin M40 29.08

1000m

Dayna Lagat	Vis	3:21.91
Larissa Lagat	Vis	3:36.50
Andy Roach	M50	3:39.74
Olivia Tuck	W35	3:40.79
David Adams	M45	3:52.22
Naomi Lagat	W40	3:54.37
Brian Hewitt	M70	4:51.57
Carol Bowman	W70	4:52.68
Fiona van Heerwaarden	W45	4:59.88

3000m

Naomi Lagat	W40	14:10.78
Dayna Lagat	Vis	14:23.36
Larissa Lagat	Vis	15:01.79
Jim Langford	M80	21:22.42

5000m

Dominic Lagat	M40	19:14.82
Olivia Tuck	W35	21:20.97
Andy Roach	M50	21:57.65
Tegan Durbridge	W35	25:04.59
David Adams	M45	25:44.63

3000m walk

Steve Travell	M65	26:53.68
Lynne Schickert	W80	27:16.30

5000m walk

Fiona van Heerwaarden	W45	31:48.51
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AW Road Walks, Woodbridge – 28 June

5km walk

Karyn Tolardo	W55	33:41.72
Steve Travell	M65	43:37.12
Lynne Schickert	W80	45:45.57

10km walk

Fiona van Heerwaarden	W45	1:07:04.27
Wendy Farrow	W55	1:11:10.04
Marcela Ruiz	W60	1:23:48.42